OPINION
A Plea for Action
Meade '20 calls for less talk and more work in response to recent campus issues **page 5**

ARTS & ENTERTAINMENT
Avengers: Endgame
Spoiler alert! A review of the historic franchise's epic conclusion **page 10**

SPORTS
Student-Athlete Mental Health
SAAC organizes week of events to highlight and address athlete mental health **page 16**

18 47 The Spectator

The Spectator

Thursday, May 2, 2019

Volume LIX
Number XXV

Publishing the Truth, From Good Motives and For Justifiable Ends

Community tackles four issue areas at Student Assembly's Town Hall 2.0

by Isabel Kierstead '21
Staff Writer

PHOTO COURTESY OF HAMILTON COLLEGE/KATHERINE O'MALLEY '19

Director of the Counseling Center David Walden answers student questions about the College's counseling and mental health services during Monday's Town Hall 2.0 in the Annex.

On Monday, Apr. 29, Student Assembly (SA) hosted its Town Hall 2.0 all-campus event, inviting students, administration, and faculty to the Annex at 8:30 PM to discuss the main concerns of the community. Students had previously voted on which topics would be discussed, and sexual misconduct and social spaces/life on campus were the predominant concerns, as well as mental health and the elimination of Posse Boston. Relevant administrators were at the Town Hall to address the concerns raised by the students.

SA is led by President Amanda Kim '21 and Vice President Gianni Hill '21. Together, Kim and Hill facilitated a discussion between the student body and the administration. Every member of the campus community was invited to the event, and while students made up the majority of attendees, a few faculty members were present as well.

In her introduction to the Town Hall, Kim acknowledged that the format of this year's event was very different from the previous year.

"Last year was our first Town Hall, and it was great for identifying issues on campus," Kim said. "However, we didn't get time to discuss potential solutions on campus. That's what we're focusing on tonight; next steps for us to take." She added that the new structure aimed to be more solution-oriented and encourage discussion in small-groups.

The event was broken into four sections, each focusing on a specific topic and culminating in a discussion of tangible solutions and administrative responses. Each table had sticky notes and posters labelled with three categories: stop, start, and continue. This aspect of the Town Hall was aimed at ensuring that each student could voice their opinions and concerns regardless of whether or not they were comfortable with or had the chance to voice them in front of the administration.

Claire Goldstein '22 felt this system worked well. "I thought that the post-it notes were really helpful because you were able to have your voice heard without having to go up to the microphone and speak in front of everyone," Goldstein said. "It was also great to be able to write your thoughts down as soon as they popped into your head, so all of the reactions were really authentic."

Each topic of discussion began with an presentation by an administrator, followed by a question-and-answer section and small group discussions. The talks finished with solution share-outs, during which representatives from each small group could share the results of their discussions with the rest of the room.

The first topic of discussion was prompted in part by the recent reports of date rape drugs at off-campus parties, as well as recent sexual misconduct allegations on campus. Issues revolved around the transparency of the College's policy for sexual misconduct investigations, the sanctioning process, and the pervasive rape culture on campus.

Catherine Berryman, Hamilton College's Director of Community Standards and Title IX Coordinator, and Cori Smith, Hamilton's Title IX Education and Compliance Coordinator, presented the College's formal processes regarding sexual misconduct. Smith also discussed the sexual assault prevention and education curriculum offered, which includes Title IX Fundamentals training and Bystander Intervention training. During the question-and-answer section, students voiced concerns regarding the amount of Blue Lights on campus, as well as the efficiency of the sexual misconduct trainings.

Director of Campus Safety Francis Coots also responded to questions about on-campus safety, including information about Blue Light statistics, the number of officers patrolling in the evenings, and average Campus Safety response times. Students suggested maintaining or even expanding physical Blue Light locations due to various concerns about the digital Blue Light available through the Hamilton phone application, which some students said is hard to navigate or slow to operate due to spotty campus wi-fi. Coots said he was open to the suggested ideas and acknowledged that they could improve students' sense of safety on campus.

The discussion then transitioned into social life both on- and off-campus. Vice President and Dean of Students Terry Martinez spoke on behalf of the formal and informal social spaces on campus, as well as on the balance between those who choose to drink alcohol and those who abstain. She focused both on the larger, public social spaces on campus and smaller, private gatherings in residence halls. During this part of the Town Hall, students raised concerns about a lack of social spaces pushing students off-campus, as well as the inclusivity of on-campus parties.

Next, Director of the Counseling Center David Walden spoke about the Joel and Elizabeth Johnson Center for Health and Wellness and the services offered to the Hamilton community by Counseling Center staff. Over the last few years, he said, the services offered by the Health and Wellness Center have grown, as has the percentage of the student body utilizing these services. Walden described the Center's expansion services, providing information on the wait time to receive an appointment and between appointments. Students expressed their desire for increased availability of counselors and a reallocation of funds towards mental health services.

President David Wippman also spoke about the administration's decision to eliminate Posse Boston and responded to Posse members' questions about the decision. Wippman said Hamilton maintains its commitment to promote diversity on campus, highlighting the upcoming 50-year anniversary of the Arthur O. Eve Higher Education Opportunity Program (HEOP) at the College and partnerships with QuestBridge and the American Talent Initiative (ATI) as evidence. The resources previously directed towards Posse Boston, he said, will be reallocated towards other diversity and visibility initiatives. Some students expressed frustration with the decision to reallocate funds from Posse Boston to other programs, emphasizing the role Posse Boston plays in the campus community and culture and expressing skepticism that other programs will be able to do the same.

Following the discussions between students and administration on the four issue areas, the Town Hall concluded with an urge from Kim and Hill to attend Student Assembly meetings and voice further concerns on a public platform. Student Assembly meetings, which include a public comment period, are held every Monday at 8:30 PM in the Sadove Conference Room.

A video recording of the Town Hall can be found on the Student Assembly Facebook page.

Finance Club brings students to New York City to gain industry knowledge

by Ethan Tse '22
Staff Writer

On Friday, Apr. 26, over 30 Hamilton students boarded a bus and left Kirner-Johnson Circle at 4:15 AM for a networking-based trip to New York City. The trip was organized by the Finance Club, and its main goal was to introduce interested students to various sectors of finance.

With the trip, the Finance Club also helped students jumpstart the long and tedious process of networking that is crucial to the finance sector. The group consisted of mostly first-years and sophomores, though one junior was present.

The first year of college may seem early to start meeting prospective employers, but the field of finance is extremely competitive. Getting an early start, or at least learning how to network, can give one an advantage over others.

The group met with various Hamilton alumni who work at Citigroup, Deutsche Bank, and Goldman Sachs throughout the day. They were also given an hour break to eat, continue networking, or just to explore the city.

Trip organizer Craig Engert '21 said the meetings both educated the students on the different branches of various banks and provided key insights into the application and interview processes for the finance industry. Students met with alumni working in private wealth management, sales and trading, and investment banking.

First-year Liam Dorsey '22 said he came back from New York with an abundance of new insight on both the finance world and on effective networking. Dorsey met with Tyler Bruneteau '18, who currently works in private wealth management at Goldman Sachs.

Dorsey said Bruneteau explained the bank's open framework and the few boundaries in communication between high level executives and low level analysts. Bruneteau also emphasized the fast-changing nature of the industry, encouraging each student to "monetize" their intellect.

Citigroup Managing Director Clayton Hale '94 told students he focused on actually getting the job and suggested that students should utilize all the networks available to them, as well as to fill their time during the summer with important things they actually want to do — they should avoid just adding fillers to their applications. Hale also emphasized the importance of clear and effective writing in the finance field.

Though this is only the Finance Club's fourth year offering its New York City trip, students who attend say it has already proven beneficial.

PHOTO COURTESY OF THE FINANCIAL TIMES

The Goldman Sachs office building (pictured above) was one of three major investment bank offices the students visited.

According to Engert, many current students who went or have gone on the trip have already made initial contact with alumni in their field of interest. He emphasized that this initial contact will be instrumental in helping them obtain competitive finance internships later on.

Engert himself credits the trip for some of his networking success. He commented that he now has a mentor at Deutsche Bank who he met through his own Finance Club experience.

Attendance needed to be capped this year and the year prior due to the high volume of sign-ups; to members of the Finance Club, this is evidence of the applicability and value of the trip to students.

The Finance Club also says it plans to add an extra day to next year's trip, in addition to adding JP Morgan and Morgan Stanley to the lineup.

Given the abundance of economics majors at Hamilton who are interested in entering the finance world, the New York City trip looks to remain a fixture in the future.

Student Assembly Seconds

SA Seconds is a new segment in ***The Spectator*** that will focus on Student Assembly updates, projects, and accomplishments. Consider this a consolidation of our SA Minutes that can be summarized in 'seconds.' Enjoy, and please let our Director of Publicity Morgan Perry (mkperry@hamilton.edu) know if you have any feedback!

This week, SA hosted our Town Hall 2.0. Students, administrators, and faculty came together to discuss a number of different issues facing the campus community. These issues included sexual misconduct, social life, mental health, and the removal of Posse Boston. This new Town Hall utilized an entirely different structure from last year's and focused more on solutions and group discussions. The Assembly plans to compile all the feedback from the Town Hall 2.0 and issue a report to the school and to administrators.

At the previous week's meeting, SA continued to discuss options for the Class and Charter Day Concert and dove headfirst into our 2019-2020 elections process. Get ready to vote for your class delegation in the upcoming days!

In this previous week's meeting:

- C&C Concert Day Event — Contracts for a food truck, photo booth, and other miscellaneous details are being finalized.
- Elections — SA's election period is well underway with the first election rules meeting occuring last week. The main election will open on May 7, with both online and physical polling available for students to vote.
- Tables — Feedback tables have been held in the Beinecke Village, near the diner, over the past few weeks to gather information and feedback from students regarding campus issues.
- Gavin Meade, our Mental Health coordinator, and Will Andriola, our Student Assembly treasurer, have a joint initiative planned for expanding bystander intervention training through monetary incentives for organizations.

Announcements:

- Our International Fair Day raffle winner will be announced and contacted via email!
- Look for a report from Student Assembly on all the feedback gathered from the Town Hall 2.0, and thank you to everyone who attended!
- Get ready to vote for your class delegations for the upcoming 2019-20 school year!

In memory of James W. Ring '51, P'84, beloved Professor of Physics Emeritus

by Natalie Halpin '21
News Editor

On Saturday, Apr. 27, Winslow Professor of Physics Emeritus James W. Ring '51, P'84 passed away. In 1951, Ring graduated from Hamilton as an elected member of the honor society Phi Beta Kappa with a bachelor's degree in physics and mathematics. He followed his academic interests to the University of Rochester, where he earned a Ph.D. in nuclear physics in 1958 and became a member of Sigma Xi.

Ring returned to the Hill in 1957, where he joined the College's faculty as an assistant professor. Over the course of more than four decades, he earned tenure, received a promotion to associate professor in 1962, and became a full professor in 1969; he retired in 2003.

Ring was heavily involved with the Physics Department and frequently worked with his colleagues on a variety of topics across the sciences, including dating Gene Domack's sediment core samples from Antarctica and analyzing experiments for evidence of the validity of Phil Pearle's continuous spontaneous localization theory. Recently, he established an endowment at Hamilton to support student research in the sciences to extend his legacy of involving students in his research.

Ring's work has been published in a variety of scholarly journals, including *The Physics of Simple Liquids*; *Nature*; *Physical Review*; *Journal of Chemical Physics*; *Health Physics*; *the American Journal of Archeology*; and *Environment International*. As a nuclear physicist, much of his research entailed the scattering of pions from hydrogen and investigating H-bonded liquids by viscosity measurements, dielectric constant, and neutron scattering. Ring was recognized by President Gerald Ford for his work on passive solar design, he contributed to the science of civil defense and disaster planning, and he studied topics in environmental physics. Although he was engaged in a variety of spheres as a nuclear physicist, Ring's work as an early campaigner for the environment and climate change on radon, nuclear fallout, solar energy, fracking, and global warming was of particular significance.

PHOTO COURTESY OF HAMILTON COLLEGE

Hamilton Professor of Physics Emeritus James W. Ring '51, P'84 (pictured above) passed away on Saturday at the age of 90.

During his 46-year tenure in the Physics Department, Jim served as a visiting scientist at the Atomic Energy Research Establishment in Harwell, U.K., the Physical Chemistry Laboratory at Oxford University, the Center for Energy and Environmental Studies at Princeton, and the Laboratory of Heating and Air Conditioning at the University of Denmark.

Ring's son Andrew '84, brothers Connie '53 and Gordon '63, and nephew John '87 are all members of the Hamilton family. He is survived by his wife of 59 years, Betty. Expressions of condolence will reach the family at 3926 Griffin Road, Clinton, NY 13323 and a date for Ring's memorial service will be announced later.

AMHERST BATES BOWDOIN COLBY CONNECTICUT COLLEGE

NESCAC NEWS

MIDDLEBURY TRINITY TUFTS WESLEYAN WILLIAMS

by Amanda Kim '21
News Editor

Williams' CC rejects pro-Israel student club

On Apr. 23, Williams College's College Council (CC) held a meeting where they voted 13-8 against recognizing Williams Initiative for Israel (WIFI) as an official registered student organization (RSO). According to archived CC minutes, WIFI is the first club in over a decade to comply with all CC bylaws for recognition and fail to gain RSO status.

There was heated debate among representatives of WIFI and students advocating against the club. Among those speaking against the club were Palestinian students who shared personal stories of trauma that they experienced growing up in Palestine.

The majority of the discussion centered around WIFI's stated mission and purpose, "to support Israel and the pro-Israel campus community, as well as to educate the College on issues concerning Israel and the Middle East." The club plans to hold Jewish cultural events and celebrations of Jewish and Israeli holidays.

Students advocating against WIFI were upset with the lack of specificity in WIFI's stated mission. Joseph Moore '20, who spoke and attended the meeting as a guest, said, "From our perspective, there are ways of supporting Israeli statehood that don't support the occupation or human rights abuses against Palestinians, but there are ways of doing that that definitely do. [WIFI's] inability to take a political stance with reference to those issues was incredibly problematic, and I think it came out during several parts of the conversation."

During the meeting, several members of WIFI shared that they felt the guests who opposed their club were trivializing past Jewish oppression and had concerns with potentially anti-Semitic statements. A member of WIFI, later in the meeting, argued that Israel was not committing genocide against the Palestinian people because the Palestinian population has risen in recent years.

One Palestinian student shared that a gun was pointed to their face by an Israeli soldier when they were a child. Mohazzab Abdullah '21 shared concerns about the way that members of WIFI, in his opinion, were invoking the Holocaust to dismiss the experiences of Palestinian students who shared stories about their childhoods.

Middlebury SGA threatens mass resignation

In a decision that would dissolve the elected body for the remainder of the academic year, at least nine Student Government Association senators at Middlebury College have threatened to resign en masse if the College's officials do not meet a list of 13 demands.

On the morning of Apr. 23, senior college administrators, including President Laurie L. Patton, were emailed a list of demands with the whole student body copied. The demands are wide-ranging, including "improvements to existing programs" like Green Dot — a program that trains students, faculty, and staff in bystander intervention to prevent instances of power-based personal violence — and bringing all buildings into Americans with Disabilities Act compliance.

SGA senators asked Patton to appear before students at a Town Hall on Tuesday, Apr. 30 and said their potential resignations would occur sometime after then depending on how and if the administrators responded to their demands. Although not all of the SGA Senate members promised to resign, all approved of the letter to the administration. However, if at least nine of the 18 senators currently on the SGA resign, there will be an absence of a quorum at all future meetings, and thus the elected body will be forced into dissolution for the remainder of the academic year.

The senators hope that the threat of resignation will send a message about inadequate student representation in administrative decision-making. In the letter, they wrote that the administration "has failed time and again to listen to the desires of its students."

SGA resolutions as it stands now, the senators said, are mostly symbolic recommendations to Middlebury College officials with no real student check on administrative authority. The senators hope to change this system and they wrote in the letter that they want the right to participate in administrative decisions.

"Our tuition funds the college, and the college's purpose is our education," they wrote. "Middlebury College is first and foremost a school, not a corporation. Why is it that decisions are often made with little to no consent or involvement from us in our own school?"

Letter to the Editor: Attack on Chabad of Poway

Dear *Spectator* Editorial Board,

Six months ago I wrote to you my reflections following the terrible Tree of Life Synagogue shooting. "It could happen again," was the concern I heard repeatedly from frightened members of the American Jewish community.

And, then, it happened again.

This time, at a Chabad House.

Yesterday, I was called by a reporter from the LA Times. He was writing a story on Chabad's network, to highlight its reach and growth. (The full article is here: https://www.latimes.com/nation/la-na-san-diego-synagogue-shooting-chabad-20190428-story.html)

Due to the religious Shabbat observance which prohibits use of electronics, I only learned of the tragedy on Saturday when concerned community members knocked at our door to make sure we were okay.

We are shaken.

Chabad is a relatively tight-knit international community of some tens of thousands. I know the Rabbi's sister, nephews and other relatives.

And, it could literally happen again. Anywhere.

Like all Chabad Houses (there are over 1,000 in the US alone, and many more thousands in over 100 countries), Chabad of Poway is made up of a denominationally eclectic group of worshippers. Progressives, traditionalists, and everything in between, come together at Chabad. And all are validated and welcomed.

And, that's what was attacked.

Devorah and I were inspired to establish a Chabad in Clinton for locals and Hamilton students for this very reason.

In response to terrible tragedies, we try to add in light and love. For ourselves and for the world.

These tragedies happen because people don't talk to each other. As one member of Chabad of Poway said to reporters, "The attacker didn't know me, but he came to kill me. Had he met me, he would see I'm a really nice person."

You may not agree with your friends' every position… but who said you need to? Chabad prides itself (not just here) in bringing together people of every persuasion.

Here's an idea: This Friday, join Chabad at Hamilton College's student group at Chabad House for dinner. Stand with Chabad here at Hamilton in response to a vicious attack on Jewish people at Chabad there in Poway.

Sincerely,

Rabbi Didy Waks
Chabad of Clinton

twitter
Follow us
@HCSpectator

Visit *The Spectator* online:
spec.hamilton.edu
facebook.com/hcspectator

Please Recycle Your Copy of
The Spectator

Celebrating 171 years, we were first published as The Radiator *in 1847.*

The Spectator

Editor-in-Chief
Will Kaback

Managing Editors
Molly Geisinger
Cilly Geranios
Gavin Meade

News Editors
Natalie Halpin
Amanda Kim

Opinion Editors
Will Andriola
Alex Reboredo

Sports Editors
Grace Myers
Melanie Snyder

Features Editors
Claire Goldstein
Cliff Musial

A&E Editors
Josie Blatt
Emma Mae Regan

Head Production Editor
Lucy Munves

Photography Editors
Samuel Cho
Weihan Lin
Yannis Makridis
Camille Sirianni

Production Editors
Lili Christie
Genevieve Cohen
Haley Hassell
Savannah Kelly

Social Media Editors
Laura Rodriguez
Josh Vega

Layout Editor
Catherine McFarland

Editorial Editor
Peter Case

Web Editors
Jack Carroll
Sophie Menashi

Copy Editors
Maya Taliaferro, Genevieve Cohen, Laura Hornby, Abigail Henkel, Dongmin Shin, Anna Botticello, Carson Goos, Ben Kallus, Winda Wanikpun, Maddy Cavallino, Julia Robbin, Emily Brewer, Phoebe Duke-Mosier, Kayley Boddy, James Argo, Lili Christie, Mary Lundin, Sophia Ficarro, Kayla Beardslee, Andrew McCarthy, Fan Xiang, Matthew Shang, Chris Keller

Letters to the Editor Policy

The Spectator's Letter to the Editor section is designed to be a forum for the entire Hamilton community to discuss and debate campus, local, national, and global issues. Pieces published in the section express the opinion of the individual writers and are not necessarily the opinions of *The Spectator*, its editors or the Media Board.

Letters to the Editor are welcome from all students, alumni/ae, faculty, friends of the college, and Hamilton community members.

The Spectator has the following policies for submission:

1. Submissions are due by 10:00 p.m. on the Monday before publication. The editors reserve the right to refuse any late submissions.
2. Letters should be no longer than 500 words. The editors reserve the right to cut off letters at 500 words.
3. Letters submitted anonymously will not be printed.
4. *The Spectator* reserves the right not to publish any letter it deems inappropriate for publication.
5. If a piece is determined to be libelous, an unwarranted invasion of privacy, or an unnecessary and/or unwarranted ad hominem or personal attack, it will not be published.

About Us

The Hamilton College Spectator, *publication number USPS 612-840, is published weekly by the Hamilton College Student Media Board while classes are in session. For more information e-mail spec@hamilton.edu. Our offices are located on the second floor of the Sadove Student Center. The deadline for advertisements is Monday the week of publication. For further information, please e-mail specads@hamilton.edu.*

A plea for action: turn dialogue into change through activism and engagement

by Gavin Meade '20
MANAGING EDITOR

Last year, in the wake of the first Town Hall, I wrote a piece in *The Spectator* that was quite contentious. I took issue with certain statements that students made that I found to be objectively wrong. I attended the Town Hall on Monday, Apr. 29 with an impending aura of dread, as I expected a similar scene from the year prior. I was unequivocally wrong. The statements made by the student body were, for the most part, constructive and demonstrated real passion and commitment to the issues discussed.

These statements were markedly different than the ones expressed at the rally on Friday, Apr. 19 outside Buttrick Hall. I've learned my lesson from last year and won't bludgeon you with facts. I do, however, think that the rally and the general engagement of the student body as whole presents several pervasive problems that impede the institutional change students are calling for.

The first and most serious issue that I see is the misinformation that is propagated and becomes accepted as "truth." When ideas that are believed to be truisms by students are disputed by the Dean of Students Office, the Counseling Center, or Campus Safety, the seeds of divisiveness, anger, and conflict are sown. It is our responsibility as students of Hamilton College to take the time to make sure we are educated on the matters with which we are engaging. It doesn't matter if it is the resources the Counseling Center has, the history of Tsarist Russia, or a specific neural network: it is our duty to make sure that we know what we're talking about before we speak. This is even more true when it comes to sensitive issues such as sexual assault, mental health, diversity programs, and social spaces on the College's campus.

I realize that as students on the Hill we receive a large amount of emails daily. I understand that it may not always be convenient to read every Student Assembly minutes and that it can be intimidating to sit down with an administrator and get some clarification. I get that — I truly do. The old and cliché adage says "nothing easy is worth doing." But often I find myself repeating the same four or five statements vis-à-vis mental health on campus.

None of what I'm saying is new. The information is out there, you just need to be willing to seek it out. I don't believe that we should expect to be spoon fed information. We live on a college campus where the internet speed is roughly 90-95 megabits per second and there is an abundance of computers. Not knowing something shouldn't be an excuse.

The mindset of "Well I didn't know that, so I can't be at fault for being wrong" may be supported in the zeitgeist of the College, but think of how fragile this veneer is in the real world. Imagine telling an IRS auditor, "Oh, I didn't realize that I had to fill out that portion of my W-2, but it isn't my fault because no one told me I had to."

We are adults. It is our responsibility to become informed and to speak from places of knowledge. This is not to say that you need to be an expert on an issue to engage with a subject. All I'm saying is that before you make a "factual" claim, take the time to make sure it is actually a fact rather than an accepted opinion by students that somehow becomes "truth."

One perfect example of this is the widely-held belief, as indexed by statements students made at and in the wake of the rally on Friday, that the Hamilton College Administration (specifically the Dean of Students Office) was hosting the Town Hall and that they had decided that they only were going to cover two topics. Anyone who'd paid attention to the signs around campus or read the Student Assembly Minutes would know that this event was going to be hosted by SA.

Furthermore, SA decided to limit the number of topics to two (though eventually it was expanded to four.) This decision was made because last year there were 5-6 topics that did not get equal time and the student body expressed frustration that the topics weren't addressed equally.

The second problem that I will identify in this article is even more pervasive than the first and just as, if not more, damaging. I am concerned with the disparity between the noise around mental health and sexual assault versus actual engagement and action. There is a time and place for large scale conversation and discourse. I am in no way disparaging these conversations.

However, I am disheartened by the lack of transition between conversation and action. It becomes even more of an issue for me when the origin of the conversation is a fundamentally inaccurate one. If students were actively engaging in conversation with administrators and working on the task forces, student groups, and organizations that are dedicated to bringing about actual change, we would have a different campus. I truly believe that. Not one person that spoke out about the resources the College offers is involved, to my knowledge, with the Mental Wellness Collective or any institutionally-backed mental health advocacy group.

If we as a campus claim to care deeply about policies that the College has surrounding mental health, sexual assault, and other pressing issues but refuse to take part in the actual hard work of finding solutions, then what does that say about us? Perhaps it says that we are more interested in looking as if we are engaged, socially conscious, and progressive individuals than actually becoming so.

PHOTO COURTESY OF HUARUI (CERRY) ZHANG '22/HAMILTON COLLEGE

Meade '20 writes that events like the all-campus rally on Apr. 19 must be followed by constructive action.

Dean Chase, David Walden, Dean Martinez, and President Wippman are all available in various capacities to meet with you and hear your concerns. They want and need your input. Small-group or individual discussion is the only way that we can being to chip away against a culture of performativity operating without actual engagement.

This article is a plea for action. I recognize that the semester is quickly coming to an end and that there likely be no palpable impact of my diatribe. This being said, it is possible. Maybe my words will stick with you and, if you're eligible, you'll return in the fall with a renewed drive to take part in the hard work that other students and administrators are engaged in. We can't do it alone. We need you.

We need you to join SMART, SAVES, MOHASA, Minds for Change, the Mental Wellness Collective, and other similar groups. We need you to hold yourself and your peers accountable for speaking from an informed position. The College needs you and so do your peers.

Thumbs Up / Thumbs Down / Who Cares?

Thumbs Up	Thumbs Down	Who Cares?
Student Assembly Town Hall Very thoughtful and respectful. I was hoping for chair smashing, molotov cocktail throwing, and riot police, but I suppose productive conversation also has its place.	**The most recent meatless Monday** Whatever the f*** was at McEwen this Green Monday. A poke ball? A goat salad with baby kale and beets? Sounds like what a five-year-old would say his imaginary friend Glonko eats.	**Online housing lottery** The last ever on-paper housing lottery. From here on out, it will be online, and as far as I'm concerned, all that will change is our anger will be redirected from Ashley Place to a robotic computer system.

by Cliff Musial '21

Disclaimer: The opinions expressed in this column are purely of a satirical nature, and are not representative of the views of *The Spectator* editorial board.

New Counseling Center looks nice, but how accessible are its resources?

by Myranda Tristant '22
OPINION CONTRIBUTOR

With finals approaching and the end of the semester looming, the social, academic, and economic pressures that plague students are intensifying. Not only do we have the responsibility of doing well on final exams, but we also face the pressure of finding a career-related summer internship, picking classes for next semester, figuring out the housing lottery, and arranging our finances for the summer — the list goes on and on.

In the past few months, I have perceived complaints about the new Counseling Center accumulating, with some students feeling like recent renovations have ultimately amounted to nothing but a tidier, nicer-looking facility that still lacks an accessible professional staff and other essential resources.

> "Slots at the Counseling Center fill up fast — too fast to provide enough relief."

The main problem with the new center, based on the personal experience of students I have talked to and myself, is that there is a limited — even lack of — availability. I, for example, was told that the nearest appointment was three weeks away, and that, even after, I still wouldn't be able to meet with a counselor on a weekly basis.

While it may be true that the average student is able to get an initial appointment within 8 days, as David Walden stated during the Town Hall on Monday, Apr. 29, cases like mine at the extremes leave students vulnerable.

Slots also fill up fast — too fast to provide enough relief for most of the students here at Hamilton. And, to further complicate things, the Center closes early in the afternoon and isn't open on the weekends: the time when students probably need the most help and support. Receiving help over the phone and hearing an unfamiliar voice telling you to "calm down" or "take a deep breath" usually does little to help a student. It may prove difficult for operators to empathize with students, as well as difficult for students to feel comforted and supported if there's no face-to-face interaction.

It would, then, seem natural to turn to peer support if the administration doesn't have the means to provide students with some sort of support. Attending groups that focus on an issue that pertains to you or troubles you would prove helpful, and knowing that there is a resource out there that directly targets a specific issue that you are experiencing can make you feel closer to the group, as well as more supported.

However, there is no support group for eating disorders, even though this is a prevalent issue on campus. There is no Counseling Center-sponsored support group that helps tackle the issues that arise after being sexually assaulted. The lack of support for these prevalent, unfortunately taboo issues ostracizes students who may be struggling with them, furthering the decay of their mental health.

It seems to me as though the new Counseling Center has invested on infrastructure rather than focusing on hiring more staff in order to offer services past 5 PM or on Saturdays, which is perhaps when students may be more distressed due to social or academic expectations. In a world of limited resources, it is unclear whether a beautiful new health center is truly the best use of resources for the College.

PHOTO COURTESY OF THE ROME SENTINEL

The College should prioritize counseling availability and additional student-led issue groups over new facilities, writes Tristant '22.

While not intentional, lack of availability at the Counseling Center can lead to feelings of hopelessness and exclusion for students going through crises. Recently, the administration has invested in acupuncture in an attempt to reach out and relieve student stress. But acupuncture isn't what Hamilton students need. Acupuncture is a great relaxation technique that can be highly beneficial over time, but although it is healthy for students to have outlets to release stress, the most pressing issue that students face is stress management.

Unfortunately, the reality that we live in demands that each student's focus be on academics, leaving little time for stress relief, which can entail devoting chunks of time to practices like acupuncture. I strongly believe stress relief is important and that everyone should find moments to destress and relax throughout the day, which may or may not include acupuncture. However, I still believe that the Counseling Center's focus should be the stress management guidance that students need.

The development of coping mechanisms is essential for college, and knowing how to positively channel your stress or calm yourself down is crucial. Yet, the Counseling Center seems to be doing little to inform students on how to manage their mental health, stress, and academic life all at once. And, ultimately, the campus climate supports this and seems to suggest that many students feel overlooked by and not helped by the resources at the new Counseling Center.

The hidden source of our sexual assault crisis

by Eric Kopp '22
STAFF WRITER

TW: This article discusses sexual assault on college campuses.

The recent demonstration on Friday, Apr. 19 was not only an important show of solidarity with the victims of sexual assault on this campus but also a step on the right path towards making sure the administration handles sexual assault cases more seriously.

Something that caught my attention at the rally was when one student said that if you knew someone that had sexually assaulted someone and didn't do anything, then you're a bad person. While I agree with this statement, I think it deserves more discussion.

According to a report by the US Department of Justice, 90 percent of college sexual assault victims do not report their assault. This fact, at first, might seem puzzling. Some might say that victims are scared to come forward to authorities because they might not be believed. While that is true, there is an even more fundamental cause: victims are afraid that their friends will not support them.

In eight out of ten cases of rape, the victim knows their assailant. Sometimes, they can even share the same group of friends, same acquaintances, and sit across from each other in class. In a small community like Hamilton, you cannot escape the constant reminders of your assault.

I know victims here and at home who have been scared to tell their friends about their assault because their assaulter often is in the same friend group or is connected to their friends in other ways. Many are scared that their friends will abandon them and take the side of their assaulter.

The devastating part about this is that there is a very high chance that the rapist will commit the same crime again. According to False Allegations of Sexual Assault: An Analysis of Ten Years of Reported Cases by David Lisak and Lori Gardinier, 63.3 percent of men that self-reported acts of rape admitted to perpetrating repeat rapes.

The statistics become even more frightening when considering other forms of sexual assault. According to the American Association of University Women (AAUW), about two-thirds of college students will experience sexual harassment.

This is our culture. We can scream and yell at the administration all we want (sometimes rightfully so,) but we also need to tackle the larger societal norms that have been entrenched in our society.

Change starts by holding our friends and family members accountable. It will be hard. Everyone says that they would have no problem reprimanding their family members, but what happens when it's your sibling, child, or parent that's committing the crime?

Let's look at the burdens that survivors have to carry with them throughout their lives. About 35 percent of men and 81 percent of women who are assaulted experience post-traumatic stress disorder (PTSD) either in the short- or long-term. It's also estimated that the lifetime cost of rape for a victim is $122,461.

Any person who sexually assaults someone is a bad person. Any person that chooses to put someone through that trauma is a bad person. Any person who abandons a friend after they were assaulted is a terrible person; they are as complicit in the crime as the assailant themself.

No one in our society should be afraid that they will be rejected by their friends and family for seeking their own justice and closure — that they are is symptomatic of our culture.

Change starts with us. While we should demand that the administration do more to address sexual assault on campus and hire more people like Cori Smith '17, we also need to support our friends and family even before they are assaulted.

If we create a culture at Hamilton and across the nation where people can share their truths without fear of being alone, then we will be one much larger step closer to solving this crisis.

Bachelor & Bachelorette

Archibald McRibbit '20

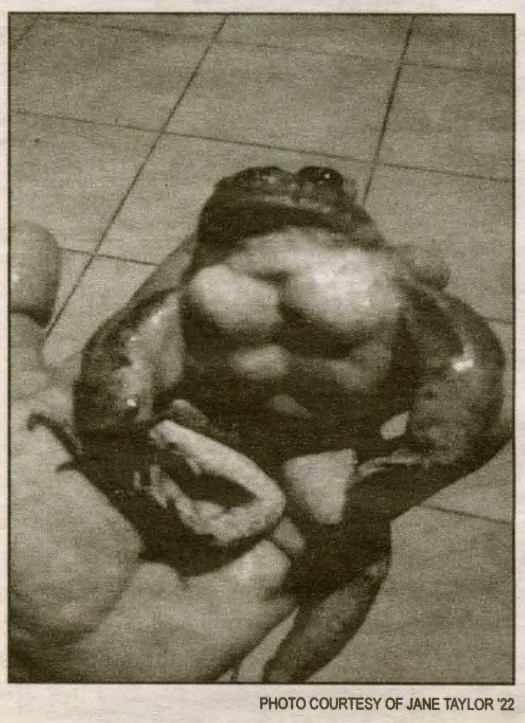

PHOTO COURTESY OF JANE TAYLOR '22

Hometown: *Greenwich, C.T.*
Home on Campus: *Hamilton Biology Department.*
Major: *Economics.*
Turn on? *Royalty with a soft spot for frogs.*
Turn off? *Taxidermy.*
If you were a dorm which would you be and why? *South, the floors creak and it reminds me of my ex girlfriend's croak, how I miss Lorraine.*
If you had to describe yourself as the love child of any two musicians, whom would you pick and why? *PRIMUS and John Quincy Adams - please don't ask me to explain.*
What TV genre best describes you? *Rom-com.*
What's the best pick-up line you've ever used? *If you kiss me I won't turn into Prince Charming, but I will give you warts.*
What's your type? *A croak with vocal fry.*
What are three things you cannot live without? *Lacrosse, La Croix, and Laxatives.*
If you were any social space, what would it be? *A glarty on a rainy day.*
Where do you go when you want to be alone? *Not Bundy, that's the snake's turf.*
If you could join one group on campus, what would it be? *Hamilton Republicans.*
What would you give a thumbs up? *Hamilton's Alumni Network (can't wait internship for my internship at Goldman Sachs).*
What would you give a thumbs down? *Meatless Mondays.*
Who would you say is your campus crush? *The toad who was dissected yesterday (damn you, biology nerds).*
Who would you say is your faculty crush? *My French professor.*
What would your perfect date be? *Swamp, red wine, and a nice dinner (but not at a French restaurant).*
What is the weirdest thing currently in your room? *My roommate who's called pest control on me four times.*
If you could remake the points system, what would be the number one offense? *Underage drinking.*
If you were a food, which would you be and why? *A crepe.*
Lights on or lights off? *Lights on, in the dark I start thinking about my ex-girlfriend. Lorraine if you're reading this please take me back.*
Favorite campus study spot? *Mailbox #384. P.S. You have some tax forms waiting for you.*

Jane Taylor '22

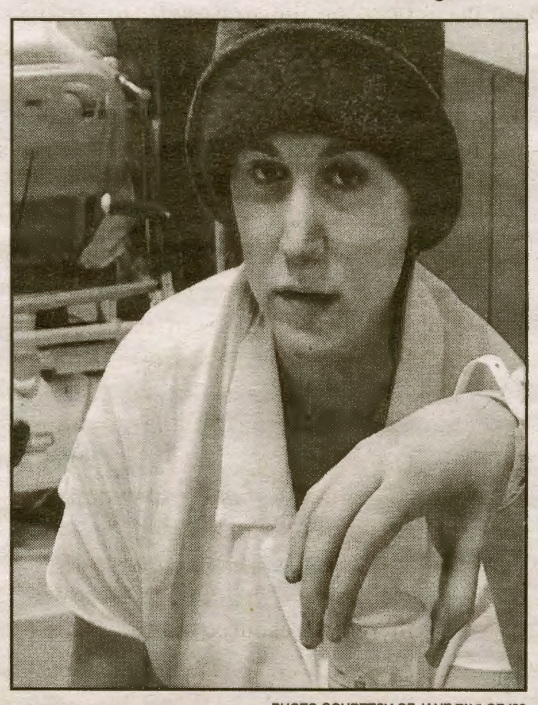

PHOTO COURTESY OF JANE TAYLOR '22

Hometown: *Harding, N.J.*
Home on Campus:*Keehn.*
Major: *Biology & Art History.*
Turn on? *Frogs and melatonin.*
Turn off? *Nike socks.*
If you were a dorm which would you be and why? *Abandoned List.*
If you had to describe yourself as the love child of any two musicians, whom would you pick and why? *Tina Weymouth and Gabriel Gundacker. Why? I could make a new wave version of "I Wanna Meet Richard Dreyfuss."*
What advertising slogan best describes your life? *"Respect the pouch."*
What TV genre best describes you? *Late night Nick Jr, specifically the show* Miss Spider's Sunny Patch Friends.
What's the best pick-up line you've ever had used on you? *"I wanna show you my abs in private," or "come to my room and let me rap for you."*
What's your type? *Anyone with O-Negative blood and a connection to the dark web.*
What are three things you cannot live without? The Nightmare Before Christmas, *Zoloft, and massaged kale.*
If you could join one group on campus, what would it be? *Streaking Team. John F. Streaking Team, if you're reading this, please recruit me.*
If you could break one rule at Hamilton and get away with it, which would you choose? *Please let me move into abandoned List, it's my one thing.*
What would you give a thumbs up? *People who use finger guns unironically.*
What would you give a thumbs down? *People who use finger guns ironically*
Who would you say is your campus crush? *Matt Knowlton .*
Who would you say is your faculty crush? *The asbestos in Root Basement.*
What would your perfect date be? *Like the dried fruit?*
What is the weirdest thing currently in your room? *A sign that says "Worm Cafe."*
If you were a food, which would you be and why? *Holy Water - interpret that how you like.*
Favorite campus study spot? *CJ Reading Room.*
Lights on or lights off? *Depends, are there crumbs?*
What was your first thought this morning? *Why am I covered in worms?*

Levitt Center's Global Corruption talk sparks philosophical inquiry

by Philip Marks '21
Staff Writer

On Apr. 30, Hamilton hosted Professor Michael Johnston from the Anti Corruption Academy for a talk entitled "Are We Making Progress against Global Corruption?" Tuesday's talk, the first of a two-part lecture series, focused on the nature and definition of corruption and whether or not the world is making progress in combating it. Johnston, the Justice and Security Scholar-in-Residence, spoke for about an hour to an audience comprised of students and faculty.

He began by outlining his "First Principles" of corruption, saying that though all societies have corruption, corruption does not explain all that is bad about a society, nor does it negate all that is good. Further, no society has all the answers for reform, as corruption varies from country to country, and we must all learn from each other in order to end corruption. The theme that emerges from his principles, and from his overall talk, is that there is not one solution to corruption. Each country is a unique case study, with its own problems and history that will play into a strategy of defeating corruption in that respective country.

Johnston's words were realistic, if not pessimistic. He spoke to the stagnant nature of anti-corruption efforts, saying, "The anti-corruption discussion seems frozen in time." Here, he referenced a discussion he was part of in 1993, saying "you could've left the room 26 years ago and come back to the same talk." This frustration is not unfounded, as he pointed to the rarity of real success stories in anti-corruption, such as in Hong Kong and Singapore. In those cases, though, the subjects were city-states. In his words, "What do you do about India, or Russia, or the United States?"

His answer lay in defining corruption, for that was where Johnston felt current efforts were coming up short. His definition would have us define corruption not as "a category of behavior," but rather as "a systemic dilemma: that of setting limits around the acceptable sources, uses, and links between wealth and power."

In simpler terms, corruption is not an action, it is an issue — a dilemma. In contrast, the "consensus model" of reform treats corruption as simply a one-dimensional action, with the only variation being the amount of corruption found in a certain country. In Johnston's view, this model is problematic because it would have us force similar reform models on vastly different countries, his example being: "What's best for Sweden may not be best for Botswana."

The lesson behind his talk did not, unfortunately, come with a solution for corruption. One student even asked, "Do you see an end to corruption?" to which Johnston responded that corruption will likely never be completely eradicated; rather, it will be met through an endless series of individual battles.

Instead of a specific solution, Johnston offered a different avenue to achieve reform. He argued that a strong reform movement will come out of people seeing a "personal interest" in the movement brought about by a desire for "justice" as opposed to "civic virtue." Essentially, it is the people's duty to stand up to corruption, as the academics are clearly struggling.

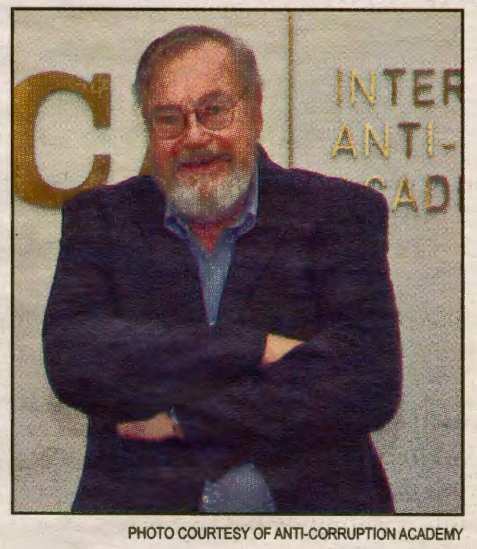

PHOTO COURTESY OF ANTI-CORRUPTION ACADEMY

Professor Michael Johnston at the International Anti-Corruption Academy, where he is the Justice and Security Scholar in Residence.

Clinton Scene: Stories From Our Histo
Elihu Root's Family

by Richard L. Williams
Town and Village Historian

One of Hamilton's most prominent alumnus was Elihu Root. A well known man who had an illustrious career as a diplomat and politician. In addition to his own fame, his daughter Edith Root draws the spotlight as an example of a rich and prominent young lady who wed at the height of the late Victorian era.

Elihu and Clara Wales Root had three children: Edward, Elihu Jr., and Edith. The only Root daughter was born in 1878 into the family who lived in New York City while Elihu gained fame as a corporate lawyer.

On July 30, 1907, *The New York Times* announced the engagement of Edith Root to Lieut. Ulysses S. Grant, III. The article said that the engagement had been known to friends for some months, but they had not intended to make the announcement until early fall. The secret leaked out, and Lieut. Grant "today gracefully acknowledged the truth of it, but said that it would probably be in the fall."

At this time her father, Elihu, was Secretary of State under President Theodore Roosevelt. The paper noted that Edith was with her parents and brothers in their country home at Clinton and that they have no plans to return to Washington until late August.

Edith was educated in Dobbs Ferry, New York, in Westchester County, and made her debut in society in New York "several years ago" according *The New York Times* article. The paper described her as a "cultivated girl of the conservative type, and an accomplished linguist." She was her father's frequent companion in his rides about Washington, and she was said to be a "good horsewoman, both in the saddle and as a whip."

Edith Root was known to entertain "constantly through the winter house parties from among the exclusive ranks of New York society." It was clear that,Edith was a young lady of leisure and at the top of the social world in both New York and Washington.

Edith's future husband, Lieut. Grant, also had quite an impressive biography. He was the son of Major General Frederick D. Grant, who was in command at Governors Island in New York City. Lieut. Grant attended military school in Austria while his father was the American Minister to the Austrian Court and was a schoolmate thereof the later Khedive of Egypt, Abbas Hilmi. Lieut. Grant, three years younger than Edith, graduated from Columbia University in 1898 and immediately joined his father in Puerto Rico, where he saw his first warfare.

Lieut. Grant entered West Point on an appointment from President William McKinley after getting a request from his grandfather General and 18th President, Ulysses S. Grant. Lieut. Grant graduated from West Point in 1902, sixth in his class, and was deployed to the Philippines for three years.

Back on the the topic of the engagement and wedding, *The New York Times* ran another article on November 26, 1907, which said that the couple wished to have their marriage celebrated with "ostentatious simplicity." However this was not likely to be fulfilled as two-thirds of the 400 guests were from official society. Edith and her mother, Clara, were at home with a few invited friends the day before the wedding when the wedding gifts were on view for the last time prior to being packed away. The first private view was "when the President and Mrs. Roosevelt were shown the wonderful array of silver, glass, and works of art, which is second in number and value to the collection received less than two years ago by the President's daughter on her marriage to Mr. Longworth."

The wedding took place at the home of the bride's parents, 1500 Rhode Island Avenue in Washington D.C., at 4 o'clock in the company of one of the largest as well as the most distinguished gatherings brought together, according to the Times. A military band performed nuptial music and an ex-Chaplain from West Point led the service.

The Times provided a very detailed description of the entire affair. Describing the floral decor as, "beautiful, consisting chiefly of white chrysanthemums in the hall and the first drawing room, with bride roses and gardenias predominating in the second drawing room, which was the scene of the ceremony." Adding, "here a bower of the choicest tropical greens occupied the south recess, which was converted into a temporary chancel. Hundreds of bride roses were used here."

Shortly before 4:00 PM, the six ushers formed an aisle of broad white ribbons from the stairway to the altar. The ushers were the two brothers of the bride, Elihu Root, Jr., and Edward W. Root, who led the way, followed by Gustav Schwab of New York and Edward B. MacLean of Washington, Lieut. Robert Ralston, and Lieut. Marion Howze.

New-York Tribune.
SUNDAY, NOVEMBER 24, 1907.
THE ROOT AND GRANT FAMILIES TO BECOME RELATED BY MARRIAGE THIS WEEK.
PHOTO COURTESY OF THE STRAWFOOT

The *New York Tribune* announces the marriage of Edith Root and Lieut. Ulysses S. Grant, III.

The grand wedding for Edith Root and Lieut. Ulysses S. Grant, III, allowed the upper crust of society to gather in Washington and to keep in contact. The Roots epitomized wealth and status of the late Gilded Age to the general population. The Root family was intertwined with Hamilton College from the 1830s to Roots' death in 1937, and today, the Root Glen and Root Hall keep the family name known to the public and the College community.

Top 5 easiest ways to pass your classes

by Cliff Musial '21
Features Editor

With finals week approaching and your grades dropping, it's about time to resort to desperate measures to save your GPA. Maybe you really messed up on the midterm or wrote the worst essay ever. Do not worry! Here are some fool-proof ideas to get that 3.0 to a 4.0.

5. Actually study and actually write your paper

Before you go any further in this article, this is definitely the best way to pass your classes. However, we're looking for the easiest ways and this isn't it. The path to success isn't always clear, so we're going to think outside the box. Who actually does their school work anyway? Lacrosse is far too taxing for me to have any energy left to devote to academics. Nobody has time to read the countless articles that are assigned. So, just don't read them! Bear with me as we consider ways to succeed that you may not have thought of.

4. Ask your professor for the answer key to the final

The Honor Code at Hamilton is strict, and we all know it's physically impossible to cheat here. If you even so much as steal a glance at the test next to you, an invisible force will crush you tighter and tighter until you asphyxiate. Some have compared the sensation to being strangled by an invisible boa constrictor. Don't mess with the Honor Code. However, there's nothing in the Honor Code preventing a professor from just giving you the answer key. I'm sure they'll be happy to if you just ask. I mean, no one's tried it before, have they?

3. Write your final paper on your professor's book

Don't introduce any of your own claims or interpretations. Just agree with everything they say like you're writing a fifth grade book report. Your professor will not be able to resist a praise of their own work. They'll be flattered.

2. Suck up. Like really suck up.

Set up a tent outside your professor's office. Greet them when they come in to work in the morning and leave at night. Spend every second of office hours chatting with them about their family, or anything but the class material, as you obviously are completely unfamiliar with it. If another student comes in, drive them out. Interrupt them, pretend they do not even exist — you have to assert your dominance. Your professor will take this as a sign of your devotion.

1. Have your mom call the school.

The Dean of Faculty is eager for parent feedback, and if your mom skips her pilates session to leave an angry voicemail about how her "little Brody is a smart kid who got straight A's at St. Pompous's School for the Pampered, and Professor Mungus is mean and doesn't care that Brody's on the lacrosse team and doesn't have time to go to class," the Dean will seriously consider the feedback and inform Professor Mungus immediately. Professor Mungus, thoroughly intimidated, will undoubtedly give you an A.

From Where I Sit: 20 Things I have learned at Hamilton

Hamilton's International Perspectives Column

by Qichen He '19
Contributing Writer

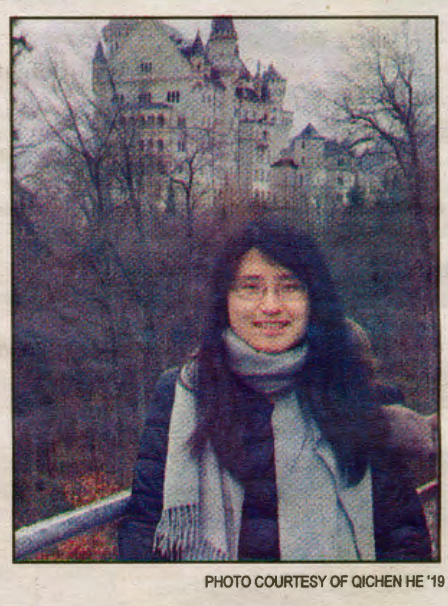

PHOTO COURTESY OF QICHEN HE '19

1. Mixing whole milk and skim milk does not get me 2% milk.
2. There can be snow in April.
3. Making popcorn in a microwave can trigger the fire alarm.
4. Productivity is determined by the due date.
5. Ketchup is not the only sauce that goes well with French fries.
6. A 9 AM course requires a lot more commitment than I would think.
7. The tidiness of my room reflects how my life is going.
8. Spring break is not a break. It is an opportunity to save my grades, before it is too late.
9. Procrastination is my biggest enemy. My battle against procrastination will be a lifelong struggle.
10. Everybody has their own opinions and beliefs, and we should respect the differences.
11. Avoiding problems or conflicts will only make the situation worse.
12. It is okay to slow down and take a break.
13. What works for other people might not necessarily work for you. It is important not to get distracted by outside factors.
14. Everybody needs help at some point during their college life. Hamilton has a lot of resources available for us.
15. Failures are our best teachers. Successes are proof that we have learned from our failures.
16. A change in our perspectives can be very inspiring.
17. It is important to show appreciation to people around us.
18. Things will work out, as long as we don't give up.
19. Learning does not end after graduation. Graduation marks the beginning of self-initiated learning, which will help us find directions in life.
20. Stay positive and follow your dreams:)

'From Where I Sit' is a column dedicated to the voices of international students, immigrant generation students, and students from families where English is not spoken at home.

DMC: May Cultural Calendar

May 2: Yom Hashoah • "Holocaust Remembrance Day" a Jewish holiday that memorializes the heroic martyrdom of six million Jews who perished in the Nazi Holocaust.

May 3: World Press Freedom Day • Serves as an occasion to inform the public of violations of the right to freedom of expression and as a reminder that many journalists brave death or jail to bring people their daily news.

May 4: Keith Haring's Birthday • His art to supported campaigns for AIDS awareness and created the Keith Haring Foundation.

May 5: Cinco de Mayo • Commemorates the Mexican defeat of French army, celebrated primarily among Mexican-Americans.

May 6: Ramadan • Observed by Muslims worldwide as a month of fasting to commemorate the first revelation of the Qur'an to the Prophet Muhammad.

May 18: Visakha Puja • A Buddhist holiday, also known as Vesak or Buddha Day, it marks the birth, spiritual awakening, and death (nirvana) of the historical Buddha.

May 19: Malcolm X Day • Day to celebrate Malcolm X's birthday. Malcolm X was a civil rights leader, founder of Organization of Afro-American Unity.

May 21: World Day for Cultural Diversity • Recognizes cultural diversity as a source of innovation, exchange and creativity, as well as the obligation to create a more peaceful and equitable society based on mutual respect.

April 23: Lag B'Omer • A Jewish holiday that celebrates the end of a divine-sent plague and/or Roman occupation during Rabbi Akiva's lifetime (died c. 135 CE).

May 24: Declaration of the Bab • A Bahá'í holiday that commemoration of May 23, 1844, when the Báb, the prophet-herald of the Bahá'í Faith, announced in Shíráz, Persia, that he was the herald of a new messenger of God.

May 27: Days of Remembrance of the Victims of the Holocaust • Eight-day-long observance remembrance of the Holocaust victims (date varies).

May 29: Ascension of Bahá'u'lláh • A Bahá'í holiday for the observance of the anniversary of the death in exile of Bahá'u'lláh, the prophet-founder of the Bahá'í Faith.

May 30: Ascension Day • A Christian holiday that is celebrated 40 days after Easter/Pascha, it commemorates the ascension of Jesus into Heaven.

Calendar courtesy of the Hamilton College Days-Massolo Center. For more information visit the Days-Massolo Center.

Review: *Avengers: Endgame* hits all the right notes

by Katherine Kim '22
Staff Writer

*Warning: this article contains potential spoilers for *Avengers: Endgame**

Avengers: Endgame premiered in theaters on Apr. 24, 2019. Fans of Marvel comics and the Marvel Cinematic Universe (MCU) alike hyped the film up enormously on social media in the weeks and months leading up to its opening, and a recently started the #DontSpoilTheEndgame movement to prevent spoilers from leaking on social media once the first wave of fans saw the film.

Less than a week after its premiere, the movie has racked up staggering box office records; it set records for the fastest film to reach $1 billion at the box office, biggest opening weekend in history, and stands alone as the only film to cross the $1 billion mark in its debut weekend. Yet there's still one question that lingers on the minds of those who saw the film: was *Endgame* satisfying?

Avengers: Endgame immediately picks up where *Infinity War* (2018) left off. Thanos, the Mad Giant who leaves behind death and destruction in order to maintain his skewed beliefs on balance in the universe, has successfully killed off half of the world's population along with many fan favorite Marvel heroes. Those who survived *Infinity War* — the original Avengers and some individuals from the Guardians of the Galaxy cast — must now deal with the damage Thanos inflicted upon Earth and come to terms with their overwhelming traumas from this tragic event.

Unlike its fast-paced and action-packed predecessor, *Endgame* initially takes its time to focus on character development through the grief that each surviving hero shoulders. Directors Anthony and Joe Russo, also known as the Russo Brothers, detail the differences of every single character's grief, which emphasizes the heroes' individual personalities and simultaneously indicates that they experience trauma in different ways.

Both the first and last movies from the *Avengers* series display thematic parallels. *The Avengers* (2012) and *Endgame* contain themes of group communication, cooperation despite clashing personalities, and getting some true avenging done. However, self-sacrifice plays a much bigger role in *Endgame* than it does in the first film. When some fan favorites met their final ends, there wasn't a single dry eye in the theater.

Though a depressing atmosphere looms over much of *Endgame*, the film doesn't shy away from classic Marvel lightheartedness. There are still the trademarked snappy dialogue, the occasional cheerful scene, and humorous moments, even in the most dire situations.

There's no need to worry about the fights in *Endgame* being too short or too unobtrusive. The camera takes its times with the fight scenes, making sure that the audience takes in every epic detail of the battles. Though some may argue that specific scenes feel a little too rushed, the final battle of *Endgame* makes up for any disappointment in previous combat scenes given the complexity of this concluding clash. Old and new heroes show off their impressive fighting skills while witty dialogue weaves itself into the fight to keep an overall positive mood despite high tension. Finally, the graphics and special effects in this final showdown add a sense of thrill to the scene.

The film also references past quotes, scenes, and now-immortalized moments entrenched in pop culture. Previous *Avengers* movies, of course, get the most exposure, but *Endgame* also lovingly alludes to previous *Captain America*, *Iron Man*, and *Thor* movies, as well as some of the more recent MCU movies (there's a nearly unnoticeable *Captain Marvel* reference in there that might conjure some more tears.) If *Infinity War* fulfilled the desire to see multiple heroes from different movies interact, then *Endgame* fulfills the desire to truly bask in Marvel's formidable legacy built within the MCU.

PHOTO COURTESY OF CNET

***Avengers: Endgame* premiered in the U.S. on Apr. 26, 2019, and has already broken many historic box office records.**

However, despite the dedication to make every fan's dream come true, *Endgame* may frustrate some viewers. Some major events in the film feel slightly implausible. Certain characters, though beloved by fans, unfortunately don't get the central roles that the original Avengers do. Notable deaths will leave many distraught, especially since the Russo Brothers revealed that these characters' deaths are irreversible. I was not pleased with how certain character arcs concluded in *Endgame*.

In the end, I am satisfied with the movie's overall conclusion. No matter how much *Endgame* tries to wrap up all the loose ends, it can ultimately never cover every detail in question — there's no such thing as a perfect movie. The Russo Brothers did their best to end a massive series on a positive note, which is no small feat. The only people who managed to do this successfully in my recent memory are the creators behind the *Harry Potter* franchise and the *Lord of the Rings* trilogy.

Endgame is, without a doubt, a film that requires multiple viewings if one wants to fully comprehend the intricacies of the movie. It runs for three hours, so patience is necessary to watch it, but viewers need not despair. *Endgame* does not waste a single second of its runtime to the point where cutting anything out of it would feel sacrilegious. All in all, *Avengers: Endgame* delivers an incredible cherry on top to Marvel's spectacularly-built cinematic universe.

Avengers: Endgame is currently in theaters everywhere.

PHOTO COURTESY OF MARVEL

"All in all, *Avengers: Endgame* delivers an incredible cherry on top to Marvel's spectacularly built cinematic universe," writes Kim.

Bruno Major croons at final CAB Acoustic Coffeehouse of year

by Garret Lualdi '22
STAFF WRITER

Hamilton's Campus Activities Board (CAB) held their last Acoustic Coffeehouse of the year in the Events Barn this past Saturday, Apr. 27. Complemented by free Opus coffee and cookies to snack on, the event featured rising singer-songwriter Bruno Major with the Boston-based group Handsome Ghost opening.

Handsome Ghost, the bedroom-pop duo led by Tim Noyes, performed several songs from their newly-released debut record, "Welcome Back." Since the start of their group in 2014, Handsome Ghost has gained early recognition for their single, "Blood Stutter," with their EP, *Steps*, following a year later. *The Brilliant Glow*, the group's second EP was released in 2016, just before their cross-country tour later that year. Their set on Saturday consisted of "Reckless Lover," "Fool," and "See You When I See You," among others.

Performing at Hamilton the day before the official start of his North American Spring Tour, Bruno Major joked as he took the stage that his Acoustic Coffeehouse performance would actually mark the unofficial start to the tour. Major, currently based out of London, gained recognition back in 2016 when he began work on what would eventually become his first full-length release, *A Song for Every Moon*. The 12-song album is made up of 12 different singles that he released once-a-month for a year preceding the album release in Aug. 2017.

On Saturday, Major looked right at home in the cozy, subdued environment of the Acoustic Coffeehouse. The stage itself was pretty empty, featuring just a single microphone and a few of Major's guitars — a fitting background for his own performance, as his music itself is a bare hybrid of traditional singer-songwriter elements and pared-down electronic production. Take, for example, his cover of the well-known Chet Baker rendition of "Someone in Love," a rendition from *A Song for Every Moon*, which Major also performed on Saturday. The original song, performed by Baker, is already sonically sparse, as Baker's voice is accompanied by only piano, a soft drum brush, and bass.

Bruno Major's cover does not try hard to change this recipe. Instead, the piano and brush are replaced with equally-subdued but still-jazzy guitar licks and a minimalistic drum backing that altogether seem to accentuate the song's sense of space even more than the original. Major's voice is able to breathe and create a unique atmosphere within the song. The rest of Major's discography follows this pattern almost to a tee. It's a sound that works and one he has perfected.

The barren musical soundscape in which Bruno Major finds himself is not new, but is in fact a style that has made previous appearances over the years and across genres. Whether it's Chet Baker's 1956 jazzy "Someone in Love," D'Angelo's 2000 soulful "Untitled (How Does It Feel)," or Bruno Major's most recent single, "Old-Fashioned" (released in Feb. of this year), the common thread that ties these songs together is the emptiness of the production or backing instrumentals. In all cases, the result is the feeling of being left hanging on every sound, every lyric — an entrancing and hypnotizing experience no matter the song or genre.

On Saturday, between two songs, Bruno Major took the time to explain how his next song, while once written as a romantic ballad, had personally changed meaning for him recently, an idea that struck me. To think of a song as fluid and dynamic over time is not something that had really crossed my mind until then, but when Major told us how this song's meaning had evolved, it made perfect sense: for Major, his music is an extension of who he is, an extension that doesn't simply stay indefinitely static. Instead, he uses the sparse scaffolding of his music as a way to leave room for growth over time, whether that be the growth of the song, or the growth of the listener.

In any case, I left Saturday's concert with more than just free coffee. I see now that it is the space between the noise that provides the opportunity to reflect, re-interpret, and grow. Perhaps it is just a little ironic that a concert is where I learned this — that it is during the silence when we should listen closest.

PHOTO COURTESY OF THE 405

Bruno Major is a singer-songwriter and guitarist from Britain.

Jones '19 launches novelist career

by Natasha Lane '21
STAFF WRITER

"If we lead with empathy, we are always capable of making the world kinder to us as people, as members of a community, and as citizens of this country."

So says Kyandreia Jones '19 as we sit on her bed, looking out onto Minor Field and talking about the release of her new book, *Choose Your Own Adventure Spies: James Armistead Lafayette*. This ability to prioritize empathy is exactly what Jones wants her readers to take from her newest work, as well as a new appreciation for James Armistead Lafayette — an enslaved African-American who became an American spy and integral figure in the American Revolution.

"Choose Your Own Adventure Books" were first trademarked in 2006 by Chooseco Publishing with the release of its first book *Choose Your Own Adventure: The Abominable Snowman*. Each book takes on the same interactive format in which, at different moments during the plot, readers are given the choice between two options and directed to specific page numbers based on the storyline they would like to follow. *Choose Your Own Adventure Spies: James Armistead Lafayette* has 19 different possible conclusions. While Jones's book is targeted towards middle-grade readers, she believes that many people outside of this demographic — including any fans of the "Choose Your Own Adventure" series as a whole — will also appreciate and learn something from the story.

One of the main reasons Jones was inspired to write about Lafayette was the lack of knowledge surrounding his accomplishments and contributions to the Revolutionary War. Born into slavery in 1748, Lafayette lived under his master William Armistead until prominent war general Marquis de Lafayette approached him in 1781. This Lafayette offered the other the opportunity to live as a free man in exchange for working as a double agent for the Patriot army. Lafayette was to infiltrate a large British army base by pretending to be a runaway slave looking for refuge in exchange for his services as a British spy. Lafayette accepted the offer.

As a double agent, he travelled back and forth between British and American camps. Lafayette was literate and able to document all of his work in his writing to hand back to his Patriot generals. During the Battle of Yorktown, Lafayette informed George Washington about approaching British reinforcements, giving the Patriots enough time to create a blockade prohibiting aid.

Choose Your Own Adventure Spies: James Armistead Lafayette explores Lafayette's life and achievements in a way that is palatable for young readers. While writing, Jones constantly asked herself, "How do you bring a historical figure to children, especially thinking about slavery and how America in its inception was [extremely] violent?" and "How do you do that in a way that's tasteful and respectful, yet honest?"

It was important to Jones that her retelling of Lafayette's story conveyed the harsh realities of slavery and war in a way that would still work as an introductory piece of literature for young readers given that her book's demographic was nine-to-twelve year olds. To achieve this goal, Jones says she spent a lot of time working with her editor to make sure that the piece was written with grace without "shying away from how gross and difficult history can be."

Jones hopes that the "fun, educational, and ridiculous" essence of her book inspires kids to want to read more. The interactive nature of the "Choose Your Own Adventure" series has captivated millions of readers worldwide, and it is easy to predict that *Choose Your Own Adventure Spies: James Armistead Lafayette* will fit into this series well.

As shown through Jones's novel, James Armistead Lafayette was an important and essential historical figure during the American Revolution. However, his accomplishments have continued to be overlooked in modern day history classes. Through her book, Jones wants to change that by not only helping readers learn his story, but helping them learn from his story.

PHOTO COURTESY OF HAMILTON COLLEGE

***Spies: James Armistead Lafayette* hit bookshelves on May 1.**

APA ? MLA?

Chicago Style ?

Need **Citation** or **Research** help for your paper?
Research Tutors are at the Writing Center to assist you!

Writing Center Hours:
Sunday, April 7, April 14, April 28 & May 5: 7:00-9:00 p.m.
Tuesday, April 9, April 30 & May 7: 5:00-7:00 p.m.
Wednesday, April 3, April 10, May 1 & May 8: 6:00-7:30 p.m.

You can also find us in **Burke Library:**
Sundays: 2 p.m. – Midnight
Mondays-Thursdays: 6:00 p.m. – Midnight
Saturdays: 10:30 a.m.-4:00 p.m.

Movie-watching at the Oneida Movieplex has just been taken to a whole new level of comfort and relaxation. The Oneida Movieplex is thrilled to announce the installation of luxury plush, fully reclining chairs that provide audiences with a first-class movie watching experience. Moviegoers can lean back and relax as they enjoy a premium recliner that features a powered push button recline mechanism and superior leg room for extra comfort. All nine auditoriums in the complex now boast reclining chairs.

In addition to the plush recliners, the Oneida Movieplex is also offering $5 movie tickets for all showtimes before noon, $5 tickets all day Tuesday and $1 small popcorn with each admission on Wednesdays. Kick back in the new recliners and take advantage of the ultimate movie viewing experience and wide selection of films that the Oneida Movieplex offers. Upcoming movies include Fahrenheit 11/9, The Wife, The House With a Clock in Its Walls, Life Itself, Night School, Small Foot, A Star is Born, Venom, Goosebumps, Halloween, The Nutcracker and the Four Realms, Fantastic Beasts: The Crimes of Grindelwald, Ralph Breaks the Internet, Mary Poppins Returns and Aquaman.

With all the fabulous movies being released we hope that everyone will come out and experience the thrills and escapism that only movies can offer.

BECAUSE HAMILTON [*IS GRATEFUL*]

FEBRUARY 11 MARKS THE DAY THAT YOU STOP PAYING FOR YOUR HAMILTON EDUCATION.

Tuition, room and board fees provide **62%** of the cost of a Hamilton education. The difference — a full 38% — is made up by gifts from alumni, parents, and friends, and spending from the endowment. So we like to mark this day as, symbolically, the point when that **38%** kicks in.

- Hamilton is one of fewer than four dozen U.S. colleges that make admission decisions without considering an applicant's ability to pay and then meet accepted students' full demonstrated need.
- More than half of Hamilton students receive College-funded scholarships as part of their financial aid package.
- All students receive a "hidden scholarship" of about $8,500 each year that supplements the cost of their Hamilton education, whether or not they receive financial aid.

Right now, with the *Because Hamilton* campaign, we are raising funds that will allow us to continue offering and growing financial aid and scholarship programs for future generations of Hamilton students.

Today we say thank you to those who have given to Hamilton.

Thank you to the faculty for your guidance and dedication.

And thank you to our students for inspiring us with your hard work, promise, and commitment.

BecauseHamilton[]

Lillard, Irving, and Durant highlight an exciting first round of the NBA playoffs

by Julia Rowland '21
Staff Writer

The National Basketball Association (NBA) Playoffs are underway and for the first time in 13 years, LeBron James won't be in uniform. He may be there in attendance, but James and his Lakers ended the regular season far from earning a playoff bid. Not to worry, though, as these playoffs have already been full of excitement. We have seen shining moments from Damian Lillard of the Portland Trail Blazers, Al Horford and Kyrie Irving of the Boston Celtics, and Kevin Durant of the Golden State Warriors, among others.

Let us begin with Lillard and the Trail Blazers. In the first round of playoffs, the Trail Blazers beat the Oklahoma City Thunder 4 games to 1. The fifth game was most notable as Lillard managed to hit a three-pointer from 37-feet out to win the series at the buzzer in front of Portland's home crowd. Lillard sent Paul George, Russell Westbrook, and the OKC Thunder packing. The coldest part about the whole shot was Lillard's reaction; his face was stone in the aftermath of the shot and the ensuing celebration. Ice in his veins.

A few days later, Lillard offered an insightful quote during an interview about how he views pressure: "Pressure, nah. Fam, this is just playing ball. Pressure is the homeless man who doesn't know where his next meal is coming from. Pressure is the single mom who is trying to scuffle and pay her rent. We get paid a lot of money to play a game. Don't get me wrong — there are challenges. But to call it pressure would be an insult to regular people."

Incredibly, this was not the first time Lillard has sent a team home with a buzzer-beating three in the playoffs. In May 2014 against the Houston Rockets, he swished a deep fadeaway in the face of Chandler Parsons to win the game and the first-round series in 6 games. Unlike last week's incredible shot, Lillard caught the ball off an inbounds pass with 0.9 seconds on the clock, barely getting the shot off in time but finding nothing but net. The Trailblazer's fiery leader and his team now face the Denver Nuggets in the second round.

The Boston Celtics did not have the regular season that the team or their fans, including myself, envisioned. But they seems to be doing alright in the playoffs so far. The Celtics are playing their best basketball when it truly matters. Gordon Hayward has finally found his groove and is meshing well with the remainder of the team. After helping the team sweep the Indiana Pacers in round one, Al Horford continues to make an impact on both ends of the floor, playing lock down defense against the Milwaukee Bucks' Giannis Antetokounmpo.

Significantly, Kyrie Irving is finally looking as though he is just happy to be playing basketball, expressing joy and raw emotion in his first six games. Boston, the Eastern Conference's four-seed, is locked in a 1-1 split with the one-seed ranked Bucks through two game, including a convincing 112-90 win in game one in Milwaukee. If they keep up this high intensity level of play, there are few teams that will get in the Boston Celtics' way of adding their eighteenth championship banner.

PHOTO BY SEAN MEAGHER OF *THE OREGONIAN*

Damian Lillard of the Portland Trail Blazers splashed a series-winning 37-footer to defeat Oklahoma City.

Lastly, the Golden State Warriors. The team of superstars features Kevin Durant, Steph Curry, Klay Thompson…I could go on. The Warriors, though not what they used to be, are still the league standard. Kevin Durant has been putting up some serious numbers in the past few playoff games, including scoring over 200 points in a 5-game stretch between game three of their first round series against the Clippers (Golden State won the series in 6 games) and game one of their second round matchup with the Houston Rockets.

Now sitting comfortably with a 2-0 lead over Houston after winning the series' first two games, the Warriors will look to deal a decisive blow to their rivals on the road. If Durant and Curry continue to perform at an elite level and play confidently, the Warriors will make a fifth consecutive trip to the Finals, where they will be favored to win no matter their opponent.

Even so, if it was the Celtics versus the Warriors in the final, I would take the underdogs from Boston…because you can't teach heart!

Upcoming Hamtrek anticipates record turnout

by Kelcie Zarle '22 & Catherine McFarland '21
Staff Writers

On Friday, May 3, over 200 members of the Hamilton College community will take part in the 16th-annual HamTrek sprint triathlon. Students, employees, alumni, and others who have registered either individually or as part of a relay team will compete against one another in the 525-yard swim, 9-mile on-road bike ride, and 5-kilometer cross-country run around campus on the mapped out course. The event begins at 4:00 PM on Friday and the awards ceremony will take place around 8:00 PM after the official race results are recorded.

HamTrek was started by Dave Thompson, director of campus wellness and the Charlean and Wayland Blood Fitness and Dance Center and professor of physical education. Thompson started HamTrek in order "to engage the community in wellness activities and to give people a chance to try out the sport of triathlon in a fun, low-stress environment," said Mary Kalb '19, a senior on the planning committee who got involved as a sophomore.

When Thompson first started HamTrek, the race raised money for the Shawn Grady Memorial Fund, a fundraiser for children in the Central New York area fighting pediatric cancer. "The fund was started by the family of the former Hamilton men's Hockey coach whose son [Shawn Grady] passed away of cancer when he was in high school," Kalb said.

This year, HamTrek is raising money for the American Heart Association, which is the charity selected by the student planning committee this year. While their total has not been calculated yet, the committee predicts Hamtrek will not only break its record number of participants, but its record number of donations.

"This year we are switching it up and money will go to the American Heart Association," said Kalb. "Members from the Utica chapter will be at the event taking donations both at registration and at the finish line." Clinton residents without a Hamilton affiliation were asked to donate a minimum of $50 to the association when registering in order to participate.

"Although how many people actually show up on race day will definitely depend a lot on the weather, over 200 people ranging from faculty members in their 60s to college [first-years] have signed up, which is a great turnout for us," said Kalb.

Over the course of the last two months, HamTrek has offered frequent training sessions to help students prepare. "There are a handful of participants every year who are real triathletes and train regularly for the sport of triathlon," Kalb says, "but the vast majority of people who participate have never done a triathlon before and race on mountain bikes and find goggles hours before the race and are really just in it to have fun."

This year, almost 95 percent of participants are affiliated with the College. With 50 relay teams and over 80 individuals registered, this year's HamTrek will be the largest in Hamilton history. Thompson noted that Hamtrek this year is the "same event, but more students than ever."

Kalb, who will be participating in her last HamTrek as a Hamilton student this year, said she has loved being a part of something "so special" on campus the past couple of years. "I'm not an avid swimmer, biker, or runner, but I love working out and HamTrek is a really fun and different way to work out in a competitive but supportive environment," she said. "I also think it's definitely a good Hamilton bucket list item that I was glad I was able to check off. I always tell people that if you've ever had the urge to try a triathlon there's really no better way to test it out than with HamTrek. It is very low pressure and there are volunteers and fans at every part of the race cheering you on getting you to the finish line."

Relay teams will either consist of three participants or two participants, wherein one member will complete two legs of the relay. Nick Lyon '22, who signed up for a 3-person relay team along with his fellow Dunham residents Jack Sullivan '22 and Sam Vigneault '21, said that he is "excited to put his track training to use in his leg to help his team succeed."

After the race has commenced, there will festivities for participants and spectators alike. Highlights include a barbeque cookout with food from Bon Appetit and catering from Ting's Twist on Thai by Ting Khumkwa, who goes affectionately by students as "Ting." Ting explained that this year, she and Bon Appetit "are teaming together to make Hamtrek better for Hamilton and the community." She will be revealing her brand new food truck at this event and, as an incentive, Ting's food will be free for all participants. For non-participants, the food will be available for anyone to purchase.

Accompanying these treats will be a favorite on-campus band: Otis Shanty. Bassist Julian Snyder '22 said, "There are lots of originals and lots of jams on the set list for Friday. For those who aren't participating, we will get your feet moving."

Lastly, weather permitting, hot air balloon rides will be offered for students.

The HamTrek organizers encourage the community to support their fellow Hamiltonians on Friday with some delicious food. The first swim heat will kick off the event at 4:00 PM in the Bristol Pool.

Beasts of the East: NHL postseason off to an unpredictable start

by Julia Booth '19
Staff Writer

The first round of the National Hockey League (NHL) playoffs kicked off on Wednesday, Apr. 10, and so far, the games have been as unpredictable as the spring weather in Clinton. The NHL runs a Bracket Challenge that many groups, including some Hamilton students, participate in with the hope of predicting the most accurate bracket and cashing out. This year, going rogue with your picks was the way to go — something I failed to do entirely.

There are a few ways to go when making your bracket picks. You can look at the statistical match-ups and pick the best team to move on. You can look at which teams have been hot heading into the playoffs and hope that they can carry their momentum into the postseason. You can pick your own team to win the whole thing, regardless of how far-fetched their odds are, and basically throw your money away. And lastly, you can go with your gut on each and every pick, which I have found to be the most successful way to pick a winning bracket. This year, it's safe to say that regardless of how you chose your bracket, you probably chose wrong.

The first round of the playoffs was so unpredictable that for the first time ever, the NHL let participants re-do their brackets in-between the first and second round. Yep, let's break that down a little more.

The Tampa Bay Lightning, a statistical favorite to win the cup with 128 points and the league lead heading into the postseason, lost in four games to the wild card of the East, the Columbus Blue Jackets. It's hard to say whether any true hockey fan saw this coming, and if you miraculously had the Blue Jackets beating the Lightning, you probably eat, sleep, and breathe CBJ.

The former Stanley Cup champions, the Washington Capitals, also caught fans off guard, losing to the Carolina Hurricanes in a seven-game first round series. Now, not to brag or anything, but this was the only prediction in my entire bracket that I made correctly. This is not because I am a Carolina fan (let's go Isles!) but because Carolina was hot before the postseason started. Despite losing to the Caps twice in a home-and-home series before the end of the season, they won five of their last six games in dominant fashion. As an Islanders fan since birth, I was all-Carolina first round, and now I'm kicking myself and begging the hockey gods to show me some mercy.

Speaking of the Islanders — what's not to like about them? With a new coaching staff fresh from the previous Stanley Cup-winning Capitals, the Islanders had a season for the books. I joked with my friend that the Isles have the best chance at the Cup since their Mike Bossy years and, unfortunately, that is probably all too true. It took just four games for the Islanders to move past the Pittsburgh Penguins — a team that consistently outperforms the Isles — and on to the next round of the play-offs. Unfortunately, the Islanders are currently floundering in the second round, and they could be on the brink of elimination by the time this article goes to print. Regardless, I'll still be a loyal fan.

And finally, for all you "just-outside-of-Boston"-ers: the Bruins haven't done half bad either. Defeating the Toronto Maple Leafs was no easy quest though. Their series went back and forth until the final game, when the Bs responded with a resounding 5-1 win in a pivotal game 7. Look out CBJ. As an Islanders fan, I couldn't be happier for the Bruins. Nothing makes me smile like thinking of John Tavares on a golf course while his former teammates make a run for the Cup.

There is chaos in the West too, but the teams aren't nearly as strong as those in the East. For us on the East Coast, the Western Conference teams play at 10 PM EST, making these games a difficult watch. I'll leave that analysis for someone else.

PHOTO COURTESY OF NHL.COM

The second wild card team, the Columbus Blue Jackets, shockingly swept the #1 Tampa Bay Lightning in four games to advance to Round 2.

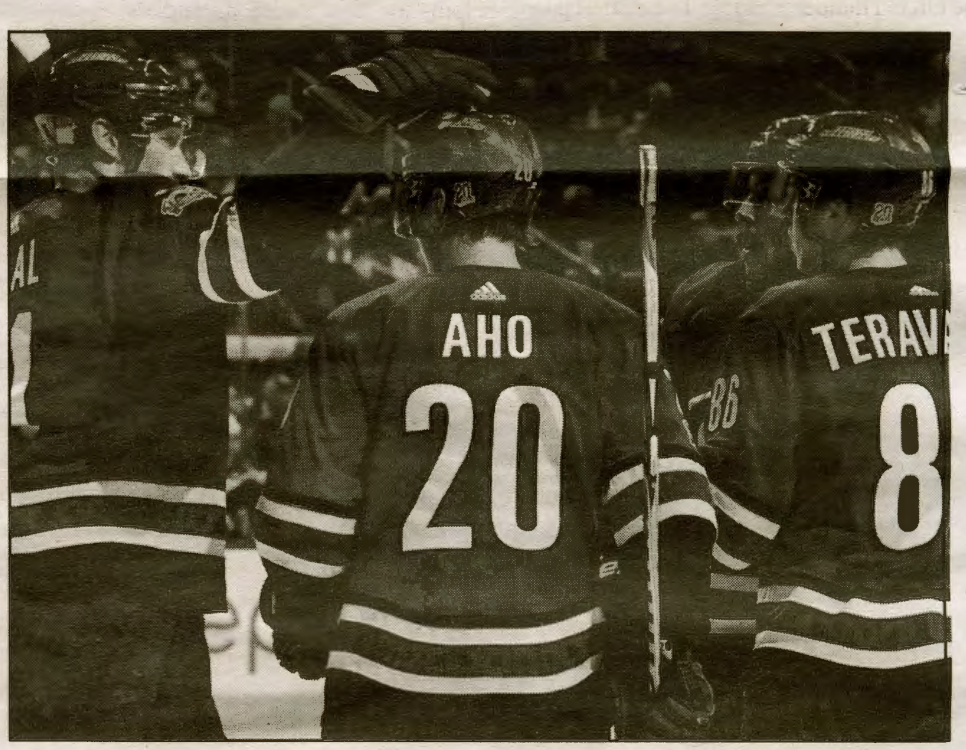

PHOTO COURTESY OF NHL.COM

The Carolina Hurricanes upset the Washington Capitals, with the 7-game series ending in a two-overtime win for Carolina.

PHOTO BY CHARLES KRUPA OF AP MEDIA

The Boston Bruins beat the young and talented Toronto Maple Leafs to advance in the Stanley Cup playoffs.

PHOTO COURTESY OF NHL.COM

The New York Islanders are moving on to the second round after not appearing in the playoffs since the 2016-17 season.

H SPECTATOR SPORTS
May 2, 2019

SAAC initiatives bring attention to student-athletes' mental health

by Jo Dine '22
Staff Writer

Starting on Monday, Apr. 8, Hamilton's Student Athlete Advisory Committee (SAAC) participated in the Mental Health and Wellness Awareness Week that took place at all 11 NESCAC (New England Small College Athletics Conference) institutions. The theme was decided by the NESCAC SAAC, of which two Hamilton students are members: hockey player Ian Nichols '19 and softball player Caroline Chivily '19 (co-presidents of Hamilton SAAC.)

The mental health and wellness awareness week is part of a current, larger, nationwide initiative. Students at Hamilton and colleges across the country have been making an effort to create supportive and accommodating campus cultures and request more resources in this regard from their administrations. The SAAC mental health initiative was a way for NESCAC schools to acknowledge the importance of mental health — in athletes and the student body as a whole — and make students more aware of resources available to them.

Hamilton SAAC worked with student organizations to plan various workshops, events, and speakers open to all students to participate in throughout the week. Chivily, along with volleyball team captain Emma Parkhurst '21, led the planning of the week.

Chivily explained to *The Spectator*, "The organizations we have on campus do an amazing job at opening up the conversation and helping break the stigma surrounding mental health [...] Partnering with them allowed us to reach a larger group of students and will hopefully help further the conversation."

On Monday, the Mental Wellness Collective (MWC) released their biweekly newsletter with an article highlighting the SAAC events of the week. MWC is a student group that works with faculty to enhance Hamilton's policies and procedures surrounding mental health. Missy Mouritsen '20 and Gavin Meade '20 in particular were vital to the MWC partnership with SAAC.

The same day, SAAC along with the Positive Thinking Club, organized an Affirmation Wall in the Kirner-Johnson Building. Hamilton student athletes volunteered to explain the initiative to other students and encouraged them to write positive messages on sticky notes that are still hanging in the building's entrance. The article in the MWC newsletter stated, "The idea behind this wall is to increase the number of affirmations we hear in our daily lives."

Sticky notes and pens were left around the stairs of KJ for the rest of the week for students to add to the wall. Parkhurst said the activity was successful. "[It] was great to have a visual and prominent showcase supporting the week's initiative," she said. "A lot of the messages people wrote were extremely thoughtful, relatable, comedic, and encouraging."

Over the next few days, both identified and anonymous Hamilton student athletes shared their personal mental health stories to be posted on the Hamilton SAAC Instagram page. This was a way to validate students' individual journeys and make the rest of the community aware of the various mental health struggles faced by their peers. Parkhurst explained that it was important to use social media as a platform for this topic, as mental health issues are usually hidden from it.

On Sunday, Apr. 14, the Hamilton Association for Volunteering, Outreach, and Charity (HAVOC) hosted their annual kickball tournament, which served as a fundraiser for Active Minds, a nonprofit organization that aims to increase mental health awareness in college students. Active Minds was started in 2003 by Alison Malmon, then a student at the University of Pennsylvania, following the tragic suicide of her older brother. The kickball tournament took place in Hamilton's Margaret Bundy Scott Field House on Sunday morning.

Also on Sunday, the women's lacrosse team played Middlebury College on Steuben Field. For this "Game of the Week," SAAC worked with Minds for Change, a student organization whose objective is to destigmatize the issue of mental health on Hamilton's campus. The lacrosse team wore shirts that had the phrase "Proud To Be Stigma-Free" on the back during their pre-game warm up to support the goals of Minds for Change. The shirts and MWC logo stickers were also given out to spectators of the game.

The final event planned by SAAC took place the following Friday, Apr. 25. SAAC worked with MWC again to bring Victoria Garrick to campus and give two speeches. Garrick is a senior volleyball player at the University of Southern California. She openly struggled with her mental health throughout her four years on the team. In 2016, Garrick delivered an eye-opening TED Talk about mental health, body image, and other issues facing student athletes, which has led to her garnering a large social media following and traveling to high schools and colleges to speak on these topics. Chivily said about Garrick, "Emma and I really felt strongly about bringing Victoria to campus. She is our age and knows and can actively relate to a lot of what we go through in our lives."

SAAC organized a lunch for Garrick on Friday afternoon with around 20 Hamilton student athletes to meet with her and talk with her in a casual setting before her talks later in the day. Jane Fanning '22, a member of the volleyball team who attended the lunch, said, "I really enjoyed it. We were able to ask her questions about her personal experiences as a student athlete. Some people asked about what they can do to improve their own teams' cultures, which led to a really interesting conversation."

Garrick's first talk at 4:30 PM focused on self-love and social media pressures. Her engaging speech took the audience through her memories of body image struggles from as early as 11 years old to her years at USC. She gave advice on self-compassion, social media usage, and disordered eating.

Garrick's second talk took place at 7:00 PM and covered the significance of mental health in athletes. Again, she explained her personal experiences with depression and anxiety while playing on the USC volleyball team and the importance of mental health to athletic performance and overall well-being. She spoke about the value of a positive mindset and how to support teammates and friends who might be struggling as well. After each talk, Garrick answered questions from the audience, often concerning students' specific situations or dilemmas.

"Having Victoria on campus was absolutely amazing," Parkhurst said. "She is extremely open about her experiences and her ability to speak about [difficult topics] in such a personal and relatable manner made her talks very rewarding for those who were able to attend. It was great to be able to have a space to discuss the struggles and impact of mental health and body image in our own lives especially when facilitated by someone who is our age."

SAAC's Mental Health Week was full of successful events and looks to be only the start for large-scale mental health conversations on campus. Chivily mentioned the importance of the NESCAC supporting this intuitive, saying, "Not only because of how large of a presence athletes have on their respective campuses, but also because there is still a huge stigma surrounding mental health in athletes. I think this week was helpful in continuing to bridge the gap and helping breakdown the barriers that a lot of athletes face when confronted with struggles with mental health [...] [It] affects everyone, no matter what year you are at Hamilton, what you're involved with, or where you come from."

Parkhurst, who will take over as SAAC co-president for the 2019-20 academic year, added, "I would love to see both the NESCAC and Hamilton's SAAC keep moving forward and [making] mental health in athletes a topic that is discussed more. I think this week proved successful in initiating conversation about this topic, and it would be great to continue to build off of that and keep the discussion going."

PHOTO COURTESY OF @HAMILTONSAAC INSTAGRAM

SAAC and the Positive Thinking Club created an Affirmation Wall in the Kirner-Johnson Building as one of their mental health initiatives.